

What is claimed:

1. A pelvic muscle exercise device adapted to be received within a vaginal canal, for use by a patient, wherein said device comprises:
  - 5 an elongate shaft having a forward end and a rearward end;  
a pressure sensitive element associated with said shaft, said pressure sensitive element responsive to pressure applied to the exterior of the pelvic muscle exercise device; and  
a feedback element for providing feedback to the patient responsive to a  
10 predetermined threshold of said pressure sensitive element.
2. The pelvic muscle exercise device according to claim 1 further comprising a withdrawal device connected to said rearward end of said shaft.
- 15 3. The pelvic muscle exercise device according to claim 1 further comprising a sleeve holding device positioned on said shaft.
4. The pelvic muscle exercise device according to claim 1 further comprising a sleeve of resilient, compressible material, said sleeve adapted to be received on at least a  
20 portion of said shaft.
5. The pelvic muscle exercise device according to claim 4 wherein said sleeve is made from an elastomeric material.
- 25 6. The pelvic muscle exercise device according to claim 4 wherein said sleeve is replaceable.
7. The pelvic muscle exercise device according to claim 4 wherein said sleeve is disposable.

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8. The pelvic muscle exercise device according to claim 1 wherein said feedback is selected from the group consisting of vibration, sound and light.

5 9. The pelvic muscle exercise device according to claim 8 wherein said feedback is vibration.

10. The pelvic muscle exercise device according to claim 5 wherein said feedback element is located outside said vaginal canal.

10 11. A method of exercising the muscles of the pelvic floor, the method comprising the steps of:

15 placing a sleeve of resilient, compressible material on at least a portion of a shaft of a pelvic muscle exercise device, wherein said shaft has a forward end portion and a rearward end portion;  
inserting said exercise device into a vaginal canal so that the said exercise device is positioned within the vaginal canal and an outer portion of said sleeve is adjacent to the walls of the vaginal canal;  
20 squeezing pelvic muscles to bring said vaginal walls in contact with said sleeve to cause said sleeve to trigger a pressure sensitive element responsive to external pressure; and  
providing feedback to a patient from a feedback element responsive to a predetermined threshold of said pressure sensitive element.

25 12. The method of claim 11, wherein said sleeve is made from an elastomeric material.

13. The method of claim 11, wherein said feedback element is associated with said shaft.

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14. The method of claim 11, wherein said feedback element is located outside said vaginal canal.
15. The method of claim 11 further comprising the step of withdrawing said pelvic muscle exercise device from said vaginal canal using a withdrawal device on said rearward end portion of said shaft.
16. The method of claim 13, wherein said feedback is vibration.
17. The method according to claim 11, further comprising the step of changing said sleeve from a more firm sleeve to a more soft sleeve as said patient's pelvic muscles strengthen.